

FREEPORT RECREATION CENTER



Inc. Village of Freeport
130 East Merrick Rd.
Freeport, NY 11520
(516) 377-2314 Fax (516) 377-2318
www.freeportny.gov
And "Like Us" on Facebook

SUMMER REGISTRATION 2012

Freeport Residents

Saturday April 14th 8:00AM-12:00PM

Non-Residents

Sunday April 15th 8:00AM-12:00PM



Andrew Hardwick, Mayor

Trustees

Carmen Pineyro

William White

Jorge Martinez

Robert T. Kennedy

Scott A. Richardson

Superintendent of Public Works



SUMMER CAMP

Enrollment is limited and spaces will be reserved on a first come first served basis. Freeport Village Residents will be given the opportunity to register first. Payment in full is required at the time of registration.

A copy of your child's immunization record and doctor's note is required, and **MUST** be given to the Freeport Recreation Center before the first day of the program. Children in the Kiddie program must be toilet trained.

Fees listed are per 2 week sessions

There will be no refunds given for the Summer Program
All grades listed are as of September 2012

HALF DAY PROGRAMS

KIDDIE PROGRAM

AGE 3 by December 1st—Kindergarten

9:00AM-12:00NOON

Kiddie Program includes swimming, sports, arts & crafts and music

| | | | |
|-----------------|--------------|---------------------|--------------|
| Resident | \$150 | Non-Resident | \$170 |
|-----------------|--------------|---------------------|--------------|

HALF DAY JUNIOR PROGRAM

GRADES 1st through 4th

1:00PM-4:00PM

Junior Program includes swimming, sports, arts & crafts and music

| | | | |
|-----------------|--------------|---------------------|--------------|
| Resident | \$150 | Non-Resident | \$170 |
|-----------------|--------------|---------------------|--------------|

SESSION 1 **JUNE 25th — JULY 6th**

****No Camp on July 4th****

SESSION 2 **JULY 9th — JULY 20th**

SESSION 3 **JULY 23rd — AUG. 3rd**

SESSION 4 **AUG. 6th — AUG. 17th**

FULL DAY PROGRAMS

9:00AM-4:00PM

(Lunch is not provided for Full Day Programs.)

JUNIOR PROGRAM

GRADES 1st through 4th

Junior Program includes
swimming, sports, arts & crafts and music

| | | | |
|-----------------|--------------|---------------------|--------------|
| Resident | \$285 | Non-Resident | \$300 |
|-----------------|--------------|---------------------|--------------|

SPORTS PROGRAM

GRADES 5th through 7th

*Please take note of the grade criteria. Children entering the 8th grade are no longer eligible for Sports Camp.

Sports Program includes daily exercises, swimming, basketball, soccer, volleyball, box lacrosse, deck hockey and more!

Trips included .

(Trips to be announced)

| | | | |
|-----------------|--------------|---------------------|--------------|
| Resident | \$380 | Non-Resident | \$430 |
|-----------------|--------------|---------------------|--------------|

SESSION 1 **JUNE 25th — JULY 6th**

****No Camp on July 4th****

EARLY CARE AND AFTER CARE

(Junior and Sports Camp Only)

Early care and after care is a supervised program that allows parents or guardians to drop off or pick up your child before or after their program begins or ends. You may do both. The early and after care program is not a structured program. It is here to ensure the safety of your children, and give parents some extra time to drop off and/or pick up.

Early care: 8:00-9:00AM \$5 per day

After care: 4:00-5:00PM \$5 per day

Please note: Children must be picked up no later than 5:00PM. If child is picked up after 5:00PM, there will be an additional late charge of \$10

| | | |
|-------------|---------------------|--------------|
| FEE: | Resident | \$65 |
| | Non-Resident | \$110 |

Parent must accompany child in water.

Wednesdays 10:00 -10:30AM

| | |
|------------------|----------------------|
| Saturdays | 11:00-11:30AM |
|------------------|----------------------|

Wednesdays: June 27 July 11, 18, 25 Aug. 1, 8, 15, 22, 29

Saturdays: June 30 July 7, 14, 21, 28 Aug. 4, 11, 18, 25 Sept. 1

This class is a “learn to swim” class designed for 4-5 year olds who have taken level A.

Parent Participation Required.

(Levels 1-5 are ages 6 & up)

[illegible]

Skills include breath control and underwater swimming, floating, treading water, swimming with arm & leg action on front & back.

Level 2 - Fundamental Aquatic skills M-F 8:45-9:15AM
Saturdays 9:00-9:30AM

Skills include breath control, buoyancy, on front and back, swimming and changing direction, swimming on side, and swimming 15 feet using arms and legs. **Requirements:** Must be able to float on back for 5 seconds.

Level 3 - Stroke Development M-F 9:15-9:45AM
Saturdays 9:30-10:00AM

Skills include breath control and underwater swimming, buoyancy on front and back, front & back crawl, and introduction to backstroke and butterfly. **Requirements:** Must be able to swim a distance of 15ft without stopping.

Skills include swim front crawl 25 yds., elementary backstroke, breast stroke, & butterfly. **Requirements:** Must be able to swim a distance of 15 yds. without stopping using proper breathing technique. Also must be able to do backstroke a distance of 15 yds.

Endurance and stroke coordination in the freestyle, backstroke, and breaststroke. Introduction to the butterfly.

Requirements: Must have completed level 4.

Session 1: M-F July 9, 10, 11, 12, 13, 16, 17, 18, 19, 20
Session 2: M-F July 24, 25, 26, 27, 30, 31 Aug 1, 2, 3, 6
Saturdays: June 30 July 7, 14, 21, 28 Aug. 4, 11, 18, 25 Sept. 1

| | | |
|---------------------------|------------------------|----------------------|
| <u>GUARD START</u> | Ages 11-14 yrs. | |
| | Saturday | 10:00:11:30AM |

Program to prepare you for lifeguarding course.

FEE: Resident/Non-Resident \$110 + book fees

| | | |
|---------------|------------------|--|
| Dates: | Saturday: | June 30 July 7, 14, 21, 28 Aug. 4, 11, 18, 25 Sept. 1 |
|---------------|------------------|--|

| | |
|---|--------------------------|
| <u>LIFEGUARD TRAINING COURSE</u> | ages 15 & up |
| FEE: Resident/Non-Resident | \$175 + book fees |
| See separate flyer for details | |

SUMMER BROADWAY & YOU

A musical production for children who like to perform, sing, act and dance! This summer, the children will be performing Willy Wonka! Directed by Robyn Workman.

GRADES 3rd through 8th
Mondays, Wednesdays & Fridays
4:30-6:30PM

Resident \$200 Non-Resident \$225

Dates: June 25, 27, 29 July 2, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30 Aug. 1, 6, 8, 10, 13, 15, 17



BROADWAY & YOU JUNIOR

Broadway and You Junior is an introduction to Broadway & You. The children will learn songs, act and play musical games. There will be an informal performance at the end of the session. Directed by Robyn Workman.

GRADES K through 2nd
Tuesdays and Thursdays
4:30-5:30PM

Resident \$150 Non-Resident \$175

Dates: June 26, 28 July 3, 5, 10, 12, 17, 19, 24, 26, 31 Aug. 2, 7, 9, 14, 16

ART ages 9-12 years

Instruction in a variety of styles and media

Saturday: 10:30AM-12:00NOON

FEE: Resident \$40 Non-Resident \$55

Dates: July 7, 14, 21, 28 Aug. 4, 11

KARATE ages 5-11 years

* Please note that this is an on-going program, and there is a waiting list.

Tuesday & Friday Pee Wee 5-6PM Juniors 6-7PM
Advanced 7-8PM

MONTHLY FEE: Resident \$85 Non-Resident \$100

Wednesday Pee Wee 5-6PM Juniors 6-7PM
Advanced 7-8PM

MONTHLY FEE: Resident \$42.50 Non-Resident \$50

Payments are due on the first of every month.

KIDDIE CLUB ages 3-4 years old (must be 3 by Dec. 1, 2011)

Includes music, games, development of social skills and learning through play, story time, arts and crafts, and movement exploration. Special programs utilize the Gym, pool, playground, and ice rink.

There is a morning session or an afternoon sessions.

Child may attend 2, 3, 4, or 5 days.

Operates weekdays from September– June

AM session: 9am-11:30am

PM session: 1pm-3:30pm

2 days a week monthly fee Res. \$100 and Non-Res. \$120

3 days a week monthly fee Res. \$115 and Non-Res. \$135

4 days a week monthly fee Res. \$125 and Non-Res. \$145

5 days a week monthly fee Res. \$135 and Non-Res. \$155

START DATE FOR KIDDIE CLUB IS SEPTEMBER 10, 2012

Payments are due on the first of every month.

***If payments are not received by the 15th, there will be a \$20 late charge**

LACROSSE CLINIC ages 6 to 12 years old

Boys and Girls

Program teaches passing, catching, ground balls, ball control, shooting and non contact drills.

FEE: Resident \$40 Non-Resident \$55

Dates and Times TBA. Please see separate flyer.

*Helmets and pads are not required. Sticks will be provided.

MOM & TOT ages 1½ to 2½ years old

Program designed for parent and child.

Includes movement exploration, simple exercise, rhythm activities, games and motor development.

Tuesdays 9:45-10:30AM

Saturdays 10:30-11:15AM

FEE: Resident \$40 Non-Resident \$55

Tuesday Dates: May 1, 8, 15, 22, 29 June 5, 12, 19

Saturday Dates: June 2, 9, 16, 23, 30 July 7, 14, 21

KIDS YOGA ages 4 to 7 years old

Yoga for kids encourages healthy self-esteem, body awareness, and cooperation with others in a non-competitive space. Yoga will enhance your child's flexibility, strength, and coordination. There will be a focus on breathing and relaxation techniques as well as time for art therapy!

Saturdays 9:30-10:30AM

FEE: Resident \$20 Non-Resident \$27.50

Start and end your summer with some wonderful Yoga classes!

Session One: May 12, 19 June 2, 9

Session Two: August 4, 11, 18, 25

Group Fitness Classes

A 10 Class Group Fitness Punch Card must be purchased for each individual class. **The card will allow your entrance into that class only.**

Punch cards do have an expiration date.

BODY, MIND & SPIRIT WORKOUT

Promotes less stress on the body and the development of strength and flexibility.

Tuesdays 6:15-7:15PM

Thursdays 5:15-6:15PM

Saturdays 9:00-10:00AM

MEGA MIX WORKOUT

Cardio, strength training, core, step and yoga stretches

Tuesdays 6:30-7:30PM

Thursdays 6:30-7:30PM

PILATES

This non-impact class is taught with a strong emphasis on strengthening the core.

Mondays 5:00-6:00PM

*** From March 26th through May 28th the 5:00PM Pilates class will be held at 7:00PM.**

YOGA

A dynamic series of postures which will increase your flexibility, strength and stamina for over-all body awareness.

Mondays 6:00-7:00PM

CARD FEES:

| | | | |
|---------------------|-------------|----------------------------|-------------|
| Resident | \$50 | Resident Senior | \$45 |
| Non-Resident | \$65 | Non-Resident Senior | \$60 |

AQUACISE Shallow water, minimal strain exercise Program

*Aquacise is held in the outdoor pool during the summer months.

FEE: Resident \$65 Resident Senior \$58.50
Non-Resident \$110 Non-Res.Senior \$99

Wednesday or Friday 9:00-9:45AM

DATES:

Wed. June 20, 27 July 11, 18, 25 Aug. 1, 8, 15, 22, 29

Fri. June 22, 29 July 6, 13, 20, 27 Aug. 3, 10, 17, 24

DEEP WATER RUNNING

Various exercises done in deep water using Aqua-Belts.

FEE: Resident \$65 Resident Senior \$58.50
Non-Resident \$110 Non-Res.Senior \$99.00

Monday and Wednesday 6:00-7:00PM

Session 1 Mon. June 18, 25 July 2, 9, 16
Wed. June 20, 27 July 11, 18, 25

Session 2 Mon. July 30 Aug. 6, 13, 20, 27
Wed. Aug. 1, 8, 15, 22, 29

ADULT SWIM

Introduction to basic swimming techniques. Learn to tread and float in water. Introduction to the crawl stroke.

Wednesday 7:30-8:30PM

DATES: June 20, 27 July 11, 18, 25 Aug. 1, 8, 15, 22, 29

FEE: Resident \$65 Non-Resident \$110

ZUMBA Monday 7:30-8:30PM

A fun-filled hour of movement in a party-like atmosphere including reggae tone, hip hop, salsa, meringue & Latin American beats.

FEE: Resident \$55 Non-Resident \$70
Registration: Starting May 15, 2012

****New Program****

SUM OF ITS PARTS

This class is designed to teach the basics of Energy Medicine and Energy Psychology which will assist everyone to deal with the stresses of daily life. People who learn and practice these techniques experience increased vitality, positive self-esteem, a better quality of life, and an overall feeling of improved well being.

FEE: Resident \$55
Non-Resident \$70

Wednesday 7:30-8:45PM

Programs, fees, and dates subject to change
All patrons must hold a current activity card at time of Registration.

NO REFUNDS